

MATERIAL FROM SESSION MEETINGS:
AN INTERVIEW WITH ROBERT MONROE

INTRODUCTION: Welcome to another Explorer Tape, as presented by the Monroe Institute of Applied Sciences. This particular session is different, as you will quickly note, as a result of the many requests from Institute members. The material itself is taken from several sessions in all of which the explorer is reporting in full physical waking consciousness, and in his physical body... at least it was presumed that he was... I hope he is familiar to you by this time...

INTERVIEWER: It has been over ten years since you wrote the book*. What have you been doing since then?

ROBERT MONROE: Well, in looking back, I kind of wonder myself what I've been doing the last ten years or so. Some times I think it's nothing. Other times I say, «What has been happening?»

First of all, the publication of the book attracted a lot of attention and gave me the opportunity to meet a lot of new people, which was very rewarding in itself. I think the other part is my coming out of the closet instead of being a closet, out-of-body hidden-away person. It become known

* Journeys Out of the Body, Doubleday & Company Inc., Anchor Press Editions, 1971. 280 pages.

generally that this thing has been taking place in my life or had been, and it was funny the way I began to be looked upon as sort of a... people would stare and look at me and say: «Is that who he is?! That's the person that goes out of his body!» Or these strange looks like: «He's a weirdo» or freak or something.

But it was a lot of fun to see this change. And, of course, one of the most rewarding things that has taken place in the last ten years is the mail; the mail of people from all over the world... different types of mail; and the most important ones were the ones that said: «Thank God, I know I'm sane!», instead of being from some particular type of person who has a mental aberration... that they were hiding in the closet, I might add. So that is sort of a general approach.

The other part is that in these last ten years there's been a very amazing change in the way people think, and, of course, I like to think that this book had something to do with it, as I said, coming out of the closet by necessity, having written the book... the immense changes over these 10 or 11 years in public attitudes... And one of the things that has taken place is, now it's ok to talk about out-of-body experiences as a reality. And from that point of view we participated in the presentation last year of three papers before the American Psychiatric Association on the out-of-body experiences, which ten years ago would be an unheard of thing. It was beyond my wildest imagination that the APA would seriously listen to a phenomenon known as out-of-body experiences...

EXTRACT TAKEN FROM SIDE TWO OF EXPLORER TAPE 23

ROBERT MONROE: ...we are actually measuring body voltage by taking a head-to-foot measurement of the whole body, and then running that into a very sensitive frequency counter that measures down at the microvolt level, and, as near as we can figure, that voltage ranges to about 1.7 or something on the average individual, depending on their weight and size, and some other unknown factors. And down at that 1.733, that last 3 is where we find the sensitivity to changes of consciousness, and we can see wave forms there that are in themselves very interesting and very exciting. So, as a result, this is a kind of thing that deserves much further investigation, and we are certainly working on it.

We have also gotten, as you know, well into the concept of left brain and right brain, and we think that is certainly a simplification of what is really happening in the mind/brain relationship. We agree and seem to have some justification in going along in the concept, that mind is to brain what command system is to computer. We are quite definite in our approach that the mind is not the product of the brain but that the brain is more the product of the mind... We think there are some ways that we can get that into... certainly into a cause and effect mode.

We've also gotten to where we suspect everything is in that wave form, and as you know, quantum mechanics speaks of nothing but wave forms, and holographics theory is a series of coherent wave forms. And we think that our life-existence here is just a series of overlaid wave forms. The basic wave form for example, is one of physical life, here, in and

of itself. And it is basically one where you are born here and you have a long wave, and then you do what we call die; and when you are dead, that wave form continues, but not in this particular reality system... but it is a wave form. And you surface again and inhabit a physical body, and that's the upper part of the wave. And then you go below the line again and you inhabit and exist in some other reality structure.

INTERVIEWER: Is that, then, what reincarnation is?

MONROE: Well, yes... Let me get onto that in a second, and I'll see how that might fit in with reincarnation —or what we think of as reincarnation. If you take that long wave and then add finer waves to it —and one of the most obvious ones, that big wave being birth, growth, maturity, aging and death— and then we have another simple wave form that we perform every day... we are awake and we are asleep and this is a local... a little short visit to that other system... You are above the line in that wave form. You are conscious here, and also conscious in that other reality structure. This is a means and essence that, where you can't wait till you die, you've got to go there during the night and get there a little beforehand, as it were. In other words, a balancing system, so that...

INTERVIEWER: Are we in training, then?

MONROE: In training? I think it's something even beyond that. I think it's a necessity, just as an equalizing and balancing process. To be in that other reality, a little bit, just a balance in this reality... If you think of a wave form and it's up and it's down..... We are much

inclined to go along with this because there is much supporting evidence of it, that, even during this particular consciousness of which we are using right now —and certainly this is not original with us— but we like the idea of it and are beginning to get pieces of it... here is another and much finer wave form, that, as we sit here, we are flickering in and out of that consciousness. And we are flickering in a much shorter wave form. What is it? a thousandth of a second? a millionth of a second? who can tell?... So we are right now in that other reality; but where this part of us is not being able to perceive the gaps while we're in the other... he only sees the tops of the wave here, whereas in that other system they're saying, «Oh, hello Isabelle, how are you?» And as far as Isabelle is concerned, you are living in that other reality just as much as you are here, because the flickering is going on all the time, and the fact that you can't perceive the gaps while you're there doesn't nonetheless... We can't even perceive the gaps of going in and out of sour sleep, much less than these very hard to perceive gaps.

INTERVIEWER: So we blink back and forth...

MONROE: Yes, it's just that... blinking back and forth.

INTERVIEWER: As you live longer and approach death, would you perhaps blink longer in the other place? And that may be what senility is?

MONROE: Who knows? These are the things that deserve to be investigated, but taking a different overview.... Some of the other things, incidently, that I've gotten into —and I have fun with it in running through the stats

on these several thousand people who have been through the *Gateway Program**— is the universal question of why we are here. What are we doing here? And one I enjoy playing with is the fact that there is not just one reason why we are here, but a number of different reasons why we are... and each one of us perhaps has a fundamental reason —say, to experience. But there are all these other reasons... and after you run a profile through that many people, you begin to perceive these differences... and they are utterly fascinating... For example, there is enough evidence in our files at the moment to support the theory that a certain significant percentage of people we call «human» have never been humans before... They have never been in a human body and have never...

INTERVIEWER: What percentage do you have... can you give an approximation?

MONROE: It's around 8 per cent —somewhere a little over 8 per cent— who have never been a human being before. As far as we have determined, by all the methods we know and others, we can come to that conclusion, because they have a certain characteristic. And when we get into exploring that characteristic... then we say, Well, how did they come to be humans, then?

INTERVIEWER: Like, what were they before?

* *The Monroe Institute's one-week training program. It is designed to help individuals attain different and practical states of awareness and consciousness.*

MONROE: Yes, what were they before? And... (*chuckling*)

INTERVIEWER: Like rocks, trees or fish...

MONROE: Some, evidently, have never been in any physical form before, but have heard about the experience of being human and are just plain curious, and have come to find out what it is like to be human. And having come for that reason, there are others who have never been in a physical body before, and they have an idea or theory and would like to test the theory, and the only way to test the theory is to come down into a human body. So pop! they come into it. Imagine their disappointment....

(*General laughter*)

INTERVIEWER: And somebody who keeps recycling, then, becomes addicted?

MONROE: You've jumped my words, for that is exactly what it is... that's the whole reincarnation thing that gets so fascinating... Why do this more than once? And it's because as we sit here right now, we can look and say: «Well, in this lifetime, I'm not going to get a chance to do that, so I need to come back and do that...» I don't know if I'd want to be a female, but there are certainly things in this lifetime that I have started, and I'd like to spend a lifetime doing.

The best example I can give you, in my own case, is that if I am addicted, I would like to come back and work with music; work with music in physical matter time/space and translate what I have perceived into time/space. Maybe I'll get lazy and I'll say: Well, the heck with it, I'll just play with it where it is instead of trying to reduce it to physical matter.

The addiction concept of being in a human body, that physical matter... and it's an intense experience —and this seems to have a lot of things to support it— that being in a physical body is an intense concentration of forms of energy, and that they are only available in a physical body. Now, we have had other things... it is kind of unique —the human body— because being in a crocodile body in another energy system doesn't give you certain tool-making privileges that you do when you have a physical body. And it is these types of things that are utterly fascinating. When it comes to running these overall stats, why we are here, what it is, and why be in a physical body...

Then, there are the «old hands» who have recycled 10, 15, 100 times —who knows?— and they are pretty easy to spot because they have a certain savvy, a certain casualness about events that doesn't disturb them; like they don't get nearly as frantic about some things as others do. You can spot them even as little babies... I know two or three that I've seen grow up from babyhood, and they have this single-pointedness that bewilders their parents totally... and the parents can't do really anything with them because they don't have to do anything with them...

INTERVIEWER: They already know...

MONROE: They already know... They know right where they are going, and the parents just sort of feed them and clothe them. They go to school and they get their schooling, and whatever they need in schooling, and they go on... because they know where they are going. They are «old hands», and they keep coming here to do this...

INTERVIEWER: Do those persons have a different attitude about death? Are they more accepting?

MONROE: I don't think they even think about it. I don't think they even give it a thought. They're just over here, and that's over here, and it will happen when they're through doing what they have to do... But this is one of the most...

INTERVIEWER: Why are they so localized or specialized as an awareness?

MONROE: I think it's a matter of choice. Again, the life pattern that you have selected has a series of opportunities, and in those series of opportunities, they are predicted opportunities. But certain situations or certain events may not let you exploit that given opportunity that you thought you would have, and this is where I think we have a turn-around problem in the expectation in that given life. I think that...

INTERVIEWER: There is no end to the probabilities as to whichever one you choose?

MONROE: That's right. But you enter this particular life with a set series of opportunities that you can perceive on a probability basis. The fact that they didn't turn out that way may have not been «your fault» or the fault of anything else except in an intense system of variables.

INTERVIEWER: And no matter what the probabilities are, it's all experience anyhow...

MONROE: That's right... It's good to get that overview. And that overview, I think, is a key to this whole question of research effort and the results of it. And overview is what I think we try to help people gain, and that overview has to deal with what time/space is: What it is, and not only why you're here but what it is... because if you obtain that, then your participation here will be much different, more profound for you to understand it; and one of our favorite phrases that has developed, is that time/space is «local traffic»... and Earth living is «local local traffic». And so therefore we turn around and say to the individual: Well, think of that, and all the messy local traffic things like local inculturation, local superstitions, local illusions, local misconceptions, ... that's all local traffic... and this is «local local traffic». The Earth is a backwash of a backwash of a backwash of time/space. So if you think of that and then think of what we call «interstate» which is above all of that, without any of the local traffic where you can go at fifty miles an hour —and faster if nobody is looking— and how much different that is... and the minimal problems one encounters because of the flow... You're part of a flow, in one direction or the other, and it's very, very important to start getting that overview, that different state.

I keep thinking of the things that I should say... One of the things, in working with all our participants and volunteers, is that we have a fundamental rule, and that is: You must verify for yourself. Whatever I say, for example, is a product of my own interpretation, and the interpretation of the results that we have achieved. And so, there are filtration processes working at even what I speak of and convey to you. So therefore, we have a firm rule: Whatever

I may say, whatever comes out of the Institute, whatever you get in life in information, you have the methods, and we attempt to provide the tools with those methods to determine the reality of that. And it is up to you to verify it on your own... not take anything as valid until you know it yourself. So what I say, you can say: It is interesting, and I believe you, but to *know* is something else. This is your own job...

END OF RECORDING
